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TITLE [Elementary Career Education Units: Trainable

Mentally Retarded.]

INSTITUTION Radford City Schools, Va.

SPONS AGENCY Office of Education (DHEW), Washington, D.C.

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AVAILABLE FROM Kuhn Barnett Elementary School, 4th and Pendleton

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units) \$5.00; 8-12 (107 units) \$10.00)

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Techniques: *Trainable Mentally Handicapped

IDENTIFIERS *Radford Career Education Program

ABSTRACT

The guide is one of a series developed in a pilot project to integrate career education concepts with traditional subject matter and topics in elementary grades K-7 and in special education. Developed by teachers in the Radford, Virginia, schools, the units make use of resource persons from outside the school, occupational information, interviewing and reporting techniques, parent and family involvement, hands-on experiences, role playing, and field trips. All units are organized in a column format which provides an introductory motivating activity with related resources and materials. The lessons are based on content questions, which are explored by specific techniques and activities and supported by resource materials in all media. Not all data on materials are complete. For the trainable mentally retarded, the units are: clothes and sewing, food and nutrition and the school cafeteria, and home services and child care. (MDW)

RADFORD CITY SCHOOL'S CAREER EDUCATION PROJECT RADFORD, VIRGINIA 24141

INTRODUCTION TO ELEMENTARY CAREER EDUCATION UNITS

The Career Education Program of the Radford City Schools is a pilot project of research and development for career education techniques and materials. It is funded through a grant from the Office of Education which extends until December 14, 1974.

The unit approach was utilized to implement career education concepts on the elementary level. A total of 99 career education instructional units have been developed by the Radford teachers. These units were designed for use in grades K-7 and special education.

The units were developed around specific topics (clothing, weather, etc.) and incorporated the following elements:

- 1. Subject content relationships
- 2. Occupational information
- 3. Resource speakers
- 4. Interviews and reports
- 5. Parent and family involvement
- 6. Hands-on and other sensory experiences
- 7. Role playing and simulation activities
- 8. Career related field trips

The majority of the units contain more activities than would normally be included in a unit, therefore the teacher can select the most appropriate activities for her particular students. The length of time that should be spent on each unit is approximately four to six weeks.

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C A R E E R E D U C A T I O N P R O G R A M R A D F O R D C I T Y S C H O O L S

UNIT TITLE:	FOOD NUTRICI	ON AND THE SCH	COL
ΔΡΡΒΟΥΤΜΑΨΕ	GRADE LEVEL:	TMR	
PROJECT SITE		CITY SCHOOLS	

PROJECT DIRECTOR: DR. JAMES E. PUTROUGH, SUPERINTENDENT

PROJECT COORDINATOR: RANDY URIGHT

THE CAREER EDUCATION PROGRAM
THE RADFORD CITY SCHOOLS
1612 WADSWORTH STREET
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PHONE: 1-703-639-6673



SPECIAL EDUCATION INTRODUCTION

Special Education Program consisting of a primary educable mentally retarded class, an intermediate EMR class and a TMR class, in the following ways: The career education program of the Radford City Schools was implemented in the

- 1. Units geared toward all three levels incorporating sensory experiences, field trips, resource people, community resources, occupational information, subject-matter tie in, role playing and interviewing skills were written.
- 2. Classroom Job Responsibilities

R Class

- Care of animals
- . Strufghtening of tables & chairs
 - . Office messenger
- . Delivering orders to cafeteria for milk
 - Cleaning desks % tables
 - Line leader
- Distribute & collect papers, mats, & pillows

PEMA

- . Line leader
- Care of animals
 - hash board
- Office errands
- Distribute papers Pledge leader
 - . Clean tables

IEMR

- Office errands
- Clean & straighten book cases & shelves
 - Clean board and erasers
 - Straighten desks
 - . Sween floors
- Vacuum the carpet
- [. Open & close windows
 - 8. Pass out papers
 - . Empty trash



3. Special Education students are rermitted to apply and interview for the school-vide jobs pertaining to his own age level.

We found this program very effective and meaningful for children with special s. Special activities increased interest and motivation in all subject matter areas.



FOOD NUTRITION AND THE SCHOOL CAFETERIA - " "HAT'S COOKIN"" INTRODUCTION TO: Children of the Trainable Mentally Retarded range need to become aware of the function of the workers involved in school cafeteria and the nutritional knowledge and work involved in planning meals and preparing meals at home and school.

MOTIVATING ACTIVITY

read results of each child's menus to entire class and discuss why they chose what they did. Then try to decide if these are good choices and if not, what we can do to make better choices. Ask each child individually to tell me what they would After conducting survey, have for breakfast, lunch and dinner if they could eat anything they wanted.

BROAD OBJECTIVE: Food groups and nutrition.

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Š. O.	CONTENT QUESTIONS	TECHNICOES AND ACTIVITIES	MESOCONOES AND INTERNAL
۱ ــ:	How many different types of groups of foods do we have to choose from?	Introduce the 4 Basic Food Groups: 1. Dairy Milk Products 2. Fruits and Veretables 3. Breads and Cereals 4. Meat	Books: Johnson, Lois S., What We Eat. Jupo, Frank, Wothing to Eat Sut Food. Eberle, Irmengarde, Basketful The Story of Our Foods. Beck, Rarbara L., The First
		Have each child tell some of his favorite foods and decide which groups they would fit in.	Study Prints: CSP-28-Food and Mutrition David C. Cook
		Take each food group indi- vidually and have children make a chart for each group by cutting pictures from magazines. Spend at least one day on each group.	Filmstribs: The Food We Get Bread CF-H1-How We Get Fruit CF-H3-How We Get Fruit CF-H2-How We Get Fruit CF-H2-How We Get Poultry and Fres CF-H6-How We Get Veretables CF-H6-How We Get Veretables CF-H9-The Story of Fruits and Veretables CF-H7-The Story of Milk

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CONTENT OF FSTIONS	TECTINIQUES AND ACTIVITIES	RESOURCES AND MATERIAL
		Cassettes: - SVF CE-CT-H1-How Ve Get Bread CE-CT-H3-How Ve Get Fruit CE-CT-H2-How Ve Get Meat CE-CT-H1-How Ve Get Veretables CE-CT-H3-How We Get Veretables CE-CT-H2-How We Get Poultry and Errs
2. How do we know how many selections from each group we need each day to stay healthy?	Discuss with children that we need to include certain selections from all rroups daily to keep fit and healthy and have a balanced diet.	
	Get larke picture displays from local rroceries of meats, produce, etc., and make costumes so children can act out their choice. Have for example, a "meat' combine with a 'bread' and vegetable', etc., to oroduce a balanced meal.	Cardboard display pictures.
	Distribute 3 paper plates to each child and have them cut from magazines pictures of food to paste on plates to make a balanced breakfast, lunch	Paper plates, scissors, glue, marazines.

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CONTENT QUESTIONS	TECHNIQUES AND ACTIVITIES	RESOURCES AND MATERIAL
	and dinner. Display these in room as a bulletin board.	
3. How do the foods we eat daily affect the way we row and the way we look?	Very simply discuss with children the caloric values of different foods and food groups. For example, breads and cereals have many more calories than fresh, freen vegetables. However, stress that even if you're dieting, you still need some selections from Bread and Cereal group daily.	Calorie charts.
	Make a chart to keep account of what each child eats daily. Have them tell what they had for breakfast, lunch and dinner to see if they are eating a balanced diet.	Chart
	The cnes that need to diet can be helped more extensively by keeping Welght record and emphasizing exercise along with good nutrition.	

BROAD OLISCTIVE: The School Cafeteria

CCNTENT QUESTIONS	TECHNIQUES AND ACTIVITIES	RESOURCES AND MATRILAL
1. 'ho decides what we eat for lunch at school?	Have dietician from school cafeteria visit our class and discuss what preparation and planning goes into school lunches.	Resource person - School dietician, cooks. Study Prints: CSP-20-School Friends and Helpers - SVF,
2. Does the dietician use the 4 basic groups and calorie count in plan- ning meals?	Have dietician bring a reekly menu and show children the selections from each group in each lunch that is planned. The dietician will probably have additional charts and information to bring to class. Have he or she tell what sort of training was necessary to become a dietician.	Filmstribs: CF-AlfO-mhe School Cafeteria Worker-Educational Series, Eye Gate CF-A217-Workers Who Provide Food - Workers Series Coronet CF-A33-School Helpers CF-A58-School Workers
3. Ino prepares the food for our lunches?	Ask cooks from cafeteria to visit class and explain their duties. Have them point out that merely cooking the food is not their only task. Someone must prepare food for cooking, serve it, cleanup, etc.	CF-A58-School Workers Cassette: CT-A28-Helpers At School - Knowing our School Series - Encyclopedia Britannica- 1970.

PESOURCES AND MATERIAL TECHNICIPS AND ACTIVITIES COLTENT QUESTIONS

If nossible, have children visit cafeteria during the preparation of food and cleaning up process and possibly help with some tasks.

PROAD ORJECTIVE: Other Cafeteria . Related Jobs

CONTENT QUESTIONS	TECHNIQUES AND ACTIVITIES	RESOURCES AND MATERIAL
1. Tho helps to keen our cafeteria clean?	Have custodians visit room and explain that once lunch is over, they must clean cafeteria and prepare it for next dav. If cafeteria is used as multi- nurpose room, tables & chairs must be put away for other activities.	Filmstrip: CF-A131-The Custodians and the Sus Driver Cassette: CF-CT-H10-Building Ch-CT-H10-Building
2. "ho brings the food to the cafeteria?	Take such jobs as milkman, produce delivery man, meat delivery man and bread delivery man individually and explain that the dietician must know how much of each food to order and delivery men are responsible for getting right amount of food to cafeteria on time.	Record: CRec-A43-Dairy Product De- livery-Thc Wonder Ful World of Work Denoyer-Geppert Resource Persons-Delivery Nen Chapin, Cynthia-Dairyman Don
	If possible, have children be in cafeteria when various things are delivered and let them interview the delivery men.	Puzzle: CBI Milkman - Playskool Filmstrips: CF-A82-Dairy Product De- livery-The Monder- ful Morld of Mork, Denoyer-Genpert

COMPINUSD

RESOURCES AND MATERIAL	When I Grow Up, I Want to Re Flannel Board - Ir-tructor
TECHNIQUES AND ACTIVITIES	Culminating Activity Allow children to plan menu for a lunch at school and submit to dietician for a school.wide lunch.
CONTFUT QUESTIONS	

C A R E E R E D U C A T I O N P R O G R A M R A D F O R D C I T Y S C H O O L S

UNIT TITLE: HO	OME SERVICES AND CHILD CARE HERE WE GO 'ROUND THE MULBERRY E	<u>USH</u> "
APPROXIMATE GRA	ADE LEVEL: TMR	
PROJECT SITE:	RADFORD CITY SCHOOLS	
PROJECT DIRECTOR:	DR. JAMES E. RUTROUGH, SUPERINT	ENDEN
PROJECT	COORDINATOR: RANDY WRIGHT	

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OBJECTIVES

- To help children become aware of the important role they can play in care of their home as well as in the world of work. ij
- To strengthen children's ability to follow directions and routines involved in caring ⟨
- To help children realize that they do have skills that can be developed into saleable occupational skills. ÷
- To make children aware of the economic benefits that even menial household jobs cculd Also to show that one can, for example, bake one's own foods cheaper than buying them at a bakery. mean to them. . .च
- To help children become more independent and make decisions on their own, such which job would he prefer. Š
- To incorporate basic skills in math, following directions in such things as following a recipe. ٠.
- To show children that in order to obtain a job doing such things as housekeeping and/or babysitting one must be efficient and knowledgeable in those areas.
- To develop an appreciation for the jobs their parents have at home and for the jobs they might one day obtain. α;

INTRODUCTION TC: HOME SERVICES AND CHILD CARE

tasks involved in caring for a home and family, not necessarily their own home and family. However, with proper training and application, hopefully beginning in this unit of instruction, these children could occupy jobs such as housekceper and babysitter. Children of the Trainable Mentally Retarded range need to become aware of the many

MO'PIVATING ACTIVITY

Ask children to think of a job their mother or father does around the house and role play it. The other children will try to guess the particular task being re-enacted.

Then ask what would happen if their mother or father got sick and they had to do these jobs?



BROAD OBJECTIVE: Cooking and Kitchen Tasks.

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	CONTENT QUESTIONS	TECHNIQUES AND ACTIVITIES	RESOURCES AND MATERIAL
	How does your mother or father know how to cook your breakfast, lunch and dinner?	Have color-coded units of measurement (for example, teaspoon is always red) along with simple recipes re-written to coincide with color-coded units of measure. Pictures could be used to denote ingredients. Have children make own recipe booklets to take home. Begin by making something simple such as no-bake cookies. Have these for a snack later. Progress to	Units of meast e. Recipes (re-written) Filmstrips: CREC-A37-The Junior Homemaker (K-3) Dennoyer-Geppert CE-CT-ALL-Cooks-Chefs- Ed. Sensory Programming Books: Books: Boyd-Orr, John. Eating and Cooking Around the World. Boyd-Orr, John. The Wonderful
Š	Do all foods we pre- pare require a recipe?	Do some practical cooking such as boiling eggs or potatoes, toasting bread. Continue cocking at least one day weekly.	Janice. Little Bear Learns To Read the Cook Book. Buer, Walter. Salt, Sugar and Spice.
m	Why don't we just buy all the foods we eat already cocked and pre- pared?	Discuss with children as simply as possible the differences in cost of prepared foods and those we prepare ourselves.	Books: Buchheimer, Naomi. Let's Go To A Bakery.

7	RESOURCES AND MATERIAL	Colonius, Lillian and Shroeder, Gelnn W. At The Bakery.	C74-PlaySkool Puzzle - Baker C78-PlaySkool Puzzle - Caker Maker	Cassette:						
	TECHNIQUES AND ACTIVITIES	Discuss the bakery and if possible visit a bakery and compare prices.	Also give attention to the various jobs required for a bakery to function.	Discuss dishwashing and its important function. Have children wash dishes after all cooking endeavors.	Have children set table.	Prepare a simple meal.				
	CONTENT QUESTIONS			Once the food has been cooked or prepared, is our job finished?						

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Making	
Cleaning,	
BROAD OBJECTIVE:	The second secon
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BROAD OBJECTIVE: Washing and Ironing Clothes.

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RESOURCES AND MATERIAL	ng Mashing powders, soap,	Articles of clothing Clothes rack	Iron Ironing board		Filmstrip: CF-Al44-Our Neighborhood Laundry - Our Neighborhood Workers Series, Eye Gate.	
TECHNIQUES AND ACTIVITIES	Have displays of different washing powders, somps, fabtic softeners, bleaches and explain purpose of these items.	Discuss the price of washing powders, etc. in relation to the price of a new article of clothing, if they did discard soiled clothing. Show play money equivalent to the price of washing materials and then to the price of clothes.	Have each child bring something from home that can be hand-washed. Wash it at school and hang on clothes rack to dry.	Have iron and ironing board. Explain importance of safety with using an iron.	Allow children to iron articles of clothing they have washed. Use spray starch on appropriate items and contrast starched and non-starched items.	Field Trip: to laundry and dry cleaning establishment. If possible, take items of
CONTENT QUE STIONS	What happers to our clothes when they kecome dirty do we throw them away?					

RESOURCES AND MATERIAL	
TECHNIQUES AND ACTIVITIES	clothing to be washed and dry cleaned so children can actually see promess while they are there.
CONTENT QUE STIONS	



RESOURCES AND MATERIAL	Filmstrip. CE-CT-A36 - The Family Has A New Baby - SVE Living With Your Family series.	Doll, clothes.		
TECHNIQUES AND ACTIVITIES	Discuss helplessness of a tiny baby and how these needs are met by parents, babysitters. Discuss how small child must learn to do these things slowly and how they are still learning to do new and different things on their own.	Have a life-size doll to dress, bathe, diaper, wash and iron its clothes, etc. Possibility of having a small baby in our classroom for some real application.	Discuss how small children need to be guided very carefully so as not to harm themselves. Bring in such things as playing with sharp things, matches. Point out that it is the responsibility of the babysitter to insure their safety.	Field trip to a child care center if possible.
CONTENT QUESTIONS	When you were a tiny baby could you walk, talk, bathe, dress and feed yourself?		If you were asked to babysit for your young- er sister or brother or a neighbor's child, could you do it?	

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Phone
Discuss and role play what a babysitter sould do if an emergency arose. Discuss importance of having emergency phone numbers such as doctor, police, fire department, or calling operator. Role play calling for help.
3. If a child gets sick or infures hirself while he is in your care, what should you do?

CAREER EDUCATION PROGRAM RADFORD CITY SCHOOLS

UNIT TITLE: CLOTHES AND SEWING - "A STITCH IN TIME"

APPROXIMATE GRADE LEVEL: TMR

PROJECT SITE: RADFORD CITY SCHOOLS

PROJECT DIRECTOR: DR. JAMES E. RUTROUGH, SUPERINTENDENT

PROJECT COORDINATOR: RANDY WRIGHT

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CLOTHES AND SEWING - "A STITCH IN TIME" INTRODUCTION TO:

for the mending of their own clothes and possibly sewing their own clothes. Children of the Trainable Mentally Retarded range need to become aware of the process involved in making a garment. Also they need to learn to make their own decisions about appropriate dress, and to care

RESOURCES AND MATERIAL	
MOTIVATING ACTIVITY	

Have children dress manakins (boy and firl) from Peabody Language Development Kit Level P. Dress them for present season, then other seasons. Dress for school, bed, church, etc.

Also children will dress flannel board dolls daily for the weather.

Sing song "What Are You Wearing" and do movements record requires.

Books:

Jupo, Frank. Nothing To Wear But Clothes.

Waller, Leslie. Clothing, A Book To Begin On. Holt, Rinehart. Level P - Peabody Language Development

Level P - Peabody Language Development Kit Instructo "We Dress For The Weather"

Flannel Board
Vol. I. "Learning Basic Skills Through
Music" by Hap Palmer - Band "What Are
You Wearing"

Study Prints:

CSP-91 - Clothing - Instructor

Transparency:

CTR-2 - Learning About Clothing - Family Relations Series Creative Visuals

		Control of the Contro
CONTENT QUESTIONS	TECHNIQUES AND ACTIVITIES	RESOURCES AND MATERIAL
1. What different kinds of materisls are clothes made of?	Have swatches of as many different kinds of materials as possible - especially different textures, patterns, etc.	Swatches of cotton, corduroy, wool, satin, netting, denim, fake fur, upholstery materials, leather, rubberized material, canvas, etc.
	Discuss the importance of being aware of the tactile sense when dealing with material or clothes selection (especially important when person can not read).	Filmstrip: GF-H16 The Feel of Your Skin. The Five Senses Series, Jam Handy.
	After exposure to different textures have "Feel Box" so children can reach in and try to guess what they feel and what it might be used for.	Books: Aliki, My Five Senses. Crowell
2. Where do we get these materials?	Ask children "Where do we get cotton, wool, rubber, silk?" to see if they have any concept of material sources.	Filmstrips: CF-A71 The Story of Cotton SVE CF-A72 The Story of Wool SVE
	Discuss sources of cotton, wool, silk, rubber and how they differ. Show filmstrips and loops.	Film loop: CFL-1 Wool Into Clothing (Pioneer Village in the 1830's series) Coronet

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RESOURCES AND MATERIAL	Books: Rogers, Tatilda. First Book of Cotton, Watts. Textbook (Grade 2) Learning About Our Neighbors. "Clothes are Made From Many Things" pp.92-97. Cavanna, Betty and Harrison, George R. The First Book of Wool, Watts, F.	Hooks: Kinne, Helen. Shelter and Clothing, Macmillan. Filmstrip: CF-A6 Food, Shelter and Clothing. Family Relations Series, Creative Visuals.	
TECHNIQUES AND ACTIVITIES		Discuss with children people of other nationalities such as Eskimos, people who live in Africa, on the desert and how their climate affects their dress.	Discuss also that where you are going and what you plan to do affects the dress you select. Discuss that you should have different clothes to play than ones you wear to school or church. Dressing manakins can re-inforce this.
CONTENT QUESTIONS		3. Why do people wear different types of clothing?	

CONTENT QUESTIONS	TECHNIQUES AND ACTIVITIES	RESOURCES AND MATERIAL
	Discuss what would be proper attire if you were looking for a job.	Cassette: CE-CT-A43 Dress for Inter- view. How to Do Series, Educational Sensory Programming.
	Make collages using materials and have them draw themselves and dress themselves, then tell where they would go and what they would do in that particular dress.	
4. Do different jobs re- quire special clothing?	Discuss how many jobs, escopedally community helpers, require special dress or uniforms. Discuss firemen, policemen, waitress, nurse, doctor.	Flannel Board: CSP.88 "When I Grow Up, I Want Tc Be", Instructo
	Have children dress dolls on flannel board with appropriate dress of different professions.	
5. Where do we get the clothes we wear?	Discuss with children that all the clothes we buy in a store must be made by someone. Ask them if they know of any places in our city where clothing is made.	Filmstrips: CF-A24 "How America is Clothed" America at Work series, Eye Gate.

RESOURCES AND MATERIAL	Filmstrips (cont.): CF-A "Your Assembly Line Helpers" People Who Help You Series, Scott. CF-A242 Manufacturing Clothing, Agriculture and Industry Series, Educational Reading S Services.	Books: Keliher, Alice V. Textile Workers. Lazarus, Harry. Let's Go To A Clothing Factory. Putnam. C96 - Textile Teaching Kit American Textile Manu- facturers.	Filmstrips: OF-A169 Making Clothing - How Things Are Made Series, Coronet. Cassette: CE-CT-A58 Making Clothing How Things Are Made Series, Eye Gate. Study Print: CSP-92 - Clothing Access- ories, Instructo.
TECHNIQUES AND ACTIVITIES	Talk about the many jobs designing pattern, making pattern, cutting material by pattern, sewing on an assembly line, finishing, packaging, inspecting, delivering, etc.bring pattern and cloth to show children.	Take a trip to a clothes manufacturing company so children can see first hand the cooperation of workers on an assembly, what comes before actual sewing and what occurs after garment is completed.	After field trip, set up a clothes manufacturing plant in the classroom with designing room, pattern layout & cutting, etc. Set up assembly line of sewing, packing, etc. Children could make simple triangle scafts for girls, hankerchiefs for boys.
CONTENT QUESTIONS	6. What jobs are involved in clothes manufacturing?		7. Could you learn to sew your own clothes?

RESOURCES AND MATERIAL						
TECHNIQUES AND ACTIVITIES	Allow children to design material by tie-dyeing, potato and vegetable printing, objectprinting and make into triangle scarfs, place-mats, table scarfs or something children might like to try.	Have resource person visit class such as parent who sews or Home Demonstration Extension Agent and help children with endeavors.	Teach children to sew on buttons and repair hems and ripped seams.	Weave pot holders on nail-board looms for mothers for gifts and handkerchiefs for fathers.	Continue sewing through-out year and let it be an individual project according to childrens' interests and abilities. Some could progress to embroidery, simple garments, etc.	
CONTENT QUESTIONS	8. Could we be designers and create our own material?			CULMINATING ACTIVITY		